

THE MONTHLY POINT

Pivot Point Newsletter



NOVEMBER

IN THIS ISSUE:

- Admin Updates
- Highlights
- Staff Spotlights
- News and Events
- Clinical Corner

Services to individuals with diverse abilities are an essential service in the province of British Columbia. As such, Pivot Point has measures in place to protect all of our clients and our staff who wish to provide / receive in-person supports. Pivot Point also provides nearly all of our services via on-line methods. View our [Safety Plan](#).

Men's Mental Health: Movember & International Men's Day Nov. 19

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in," Desmond Tutu.

For far too long there has been a deafening silence when it comes to openly acknowledging mental health, but in particular for men. It is estimated that, "50% of [mental health conditions](#) are established before the age of 14, and 75% by age 24. [Research](#) also suggests that mental health issues influence at least 90 per cent of suicides." Those are some startling figures!

The narrative starts early in life, as what boys learn in their teens will typically shapes their behaviour, self image, and thinking as men. By opening the conversations, minus any stigma, we create a healthy solid foundation that, *it is okay to not be okay*, sometimes. Learning early on that maintaining mental health also helps to maintain physical health.

Depression and anxiety hits us all at one time or another. It is how we deal with it that is the key to a healthier way of life. Just like other life skills we learn when we are young, having open discussions about overall health has to start early on. We learn that nutrition, hygiene, physical activity are a part of overall health, we need to include the understanding about mental health as being equally important. Learning what skill sets can be applied to maintain it and, when life is overwhelming, being able to recognize this when seeking the help from our family, friends or a professional can make a life saving difference!

Pivot Point offers a wide range of [Counselling and Mental Health](#) services for young children, teens and adults, as well as for couples and families. Our services can 'stand alone', or they can be fully integrated into other Pivot Point services for individuals or families. With our specialty in the emotional, behavioural, and relational conditions of childhood, adolescence, and adulthood, our experienced Counsellors and Neurofeedback trainers help bring hope and stability back into turbulent lives.

Newsletter Content Submissions

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Rochelle at: marketing@pivotpoint.ca

Newsletter Feedback

Rochelle would like to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in upcoming newsletters by completing our [Feedback & Suggestion Form](#). Thank you for your input!

STAFF HIGHLIGHTS

Meet: Kymberley Kempe, BCBA
Behaviour Consultant - Region: Kootenays



Kymberley has an Advanced Diploma in behavioural science technology, a Bachelor of Arts in Applied Behaviour Analysis; both with a focus on autism and a Master in Science in Applied Behaviour Analysis. She is currently a student in the Rehabilitation Medicine - Sexual Health Graduate Certificate program at the University of Alberta.

Her passions include facilitating life skills programs and watching her clients reach their personal goals. Working directly with individuals diagnosed with Autism and other developmental disabilities for the past seven years has also prompted her to share her knowledge by leading several of our Adult Community Training programs.

Thank you Kymberley for all you do at Pivot Point!

FALL & WINTER CAMPS - CREATING MEANINGFUL EXPERIENCES

Many parents and caregivers experience great concerns over their youth not having friends. When school breaks occur, this can be more challenging for both the child and caregivers. This is where group activities help youth to stay and or feel connected to peers. Pivot Point Group Events provide a safe, fun environment that allows children and youth to grow and develop their confidence and independence while building meaningful friendships. Additionally, caregivers can enjoy a scheduled opportunity to have time for selfcare with other activities.

Visit: [Group Activities](#), [Day Camps](#), for a list of In-Person or Online social opportunities in your area.



CLINICAL CORNER

ASD (Diverse Abilities) Through the Lifespan
[Blog Excerpt](#) written by: Alexandra Delange, BCBA

A person's journey on the autism spectrum is as individual as the person themselves - no two people will have the same path from early milestones to diagnosis, to treatment and support. There is no "right path" just a myriad of them between.

However, the constant in all of our pathways to adulthood is the role of time, and the need to use it wisely to prepare individuals and families for adulthood. This is a theme we sometimes don't give enough importance to as we focus on teaching essential language skills, hygiene routines, and social skills development at the expense of long term planning. There also needs to be an emphasis on building social support networks, or on selecting effective professional services proven to be correlated with long term quality of life.

When looking at overall development towards adulthood, there are often clear markers on the pathway that can help us make choices that will benefit the individual services so that the person served is able to reach their maximum potential.

Adulthood is a journey to prepare for, rather than an achievement itself. Being a happy adult is dependent on safety and security in one's community. This entails appropriate living arrangements and housing financial support and a steady reliable income, good general health, and a social support system.

It is never too early to start planning for your child's future, and Pivot Point's [Transition Planning](#) team can help! We strongly encourage all families to seriously begin some transition planning as soon as their children reach age 13 or 14: Don't wait till 18 or 19!

With sound information and a clear path to follow, individuals and their families stand the best chance of creating their best futures together... starting today.

Do you have questions about our services?

Need Assistance about our services, [Request a Meeting](#) and one of our Regional Mangers in your area will connect with you for a free consultation.